



**Shodan to Nidan
Level 4
Theme: Zanshin (Awareness)**

			<p align="center">White Stripe Kihon (Basics)/Drills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate 5 Elements of the Close <ul style="list-style-type: none"> •Read Motion •Startle •Enter •Shutdown •Finish <input type="checkbox"/> Demonstrate Hon Kesa Gatamae (Headlock on ground w/ feet switched) <input type="checkbox"/> Demonstrate 5 Elements of the Close and Follow-up with multiple directed strikes vs. 1 person.
			<p align="center">Orange Stripe Kata (form)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wanshu <input type="checkbox"/> Bunkai Pinan Yandan Or Fujikata Dai Ni
			<p align="center">Gold Stripe Principles/ Background/Culture</p> <ul style="list-style-type: none"> <input type="checkbox"/> Explain & Demonstrate how you handle single vs. multiple attacks <input type="checkbox"/> Demonstrate distraction and mental resistance (Distract your opponent's mind)
			<p align="center">Purple Stripe Conditioning/Self Defense/Pressure Points</p> <ul style="list-style-type: none"> <input type="checkbox"/> Show location of SP21 – Spleen 21 <ul style="list-style-type: none"> • Location: This point can be found on the side of the body, midway between the center of the armpit and the free end of the eleventh floating rib. • Method: Strike or rub this point from the side towards the body-center. Use Knuckle (s) <input type="checkbox"/> Show location of LU1 – Lung 1 <ul style="list-style-type: none"> • Location: It is on a line about halfway between the armpit and the top of the shoulder, on the curve of the upper chest near the meeting of the chest and shoulder. • Method: Strike this point in a downward and inward direction. Use Shuto/Seiryuto, Elbow or Knuckles driving down). <input type="checkbox"/> Physical Fitness Req. – Can still do Shodan Requirements of: <ol style="list-style-type: none"> 1) 50 Push-ups 2) 50 Sit-ups 3) 50 Mountain Climbers 4) 100 Jumping Jacks
			<p align="center">Shodan to Nidan Level 4 6 Months</p> <ul style="list-style-type: none"> <input type="checkbox"/> All Level 4 Requirements

